

# Awakening Our Heart



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## THE ESSENCE

**The earth has a brain.**

**Our world needs a heart.**

**We can create a heart by**

- 1. Opening to care**
- 2. Caring for the space between us**
- 3. Flooding the space with love and caring**



Would you like a free, effortless shortcut to Awakening? It's incredibly simple and easy. Anyone can do it. All you have to do is care without the need to do anything about it. Care and release yourself from the obligation to do anything about it.

Caring without having to do anything about it is easy because it is selfish: you get to give without giving. Apparently, but you are actually giving away something you will find you have an abundance of, so much so that it will spill over into every area of your life. Flooding the spaces between us with care actually changes lives, effortlessly.

The biggest hurdle you may face is simply letting go of the idea that doing nothing is heartless. It's not. You'll see. Doing nothing actually creates heart. Doing something creates overwhelm and failure.

When caring has an obligation attached to it, it feels burdensome. Caring about the ubiquitous "Help Me" sign person at an intersection near you, can feel burdensome. Not doing something can make some feel irresponsible, and then it makes them suppress caring, to avoid being overcome by guilt.

Better idea: Do nothing. Just care. Care without obligation and you can care freely. Care without having to do anything and you will find such joy in caring that you will begin to look for things to care about. The more you care, the better you feel.

Caring without having to do anything about it is what the Buddhists call “Equanimity”—one of the pillars of enlightenment. Yours for free, for as long as you give it away. The more you give the faster you awaken. Here’s the kicker: others sense care in the environment. They resonate with it and begin to emulate it. A person may begin to care, solely because another does.

## IT’S WORKING

We have already begun an accelerating journey. If we continue THIS we will become ONE big blue organism living a heartfelt life and most of the issues that currently trouble us will simply fall away.

There is a way to speed the process up. It is fun and easy to begin and takes nothing more than what you have with you right now: YOU.

Did you know the future is all about YOU? Would you like to go there now? What if we took a look at what is naturally unfolding in so many of us as we speak, and speak to it, directly? Do you suppose that if you share your brilliance, and you share yours, and you yours, that we could find our way home together?

Simultaneously across the planet people are opening their eyes as if for the first time. There is this palpable sense of connection growing in increasing numbers of us. Our love for each other is deepening and intensifying like never before. Sometimes it is as though we can almost reach into each other. And when I do I am stunned and amazed at the beautiful you I see coming alive. I want to see more of you. I love you and I love to see you shine.

# Where is Our Heart?

It just hit me like an oil spill. That stuff sticks to you. No matter how many times you wash it's there again—between your toes, under your nails, in your hair....geesh. All over the planet we are acting without heart. If you can see it anywhere, you'll see it everywhere. We haven't yet developed a global feeling sense like the local one we use to guide our personal relationships. That's a reason why the world can sometimes act so nutty.

Look around at this amazing world and all this incredible technology and ask yourself why isn't everything getting better? It seems like the more advanced we get the more we look like Frankenstein or Godzilla—both beautiful monsters—just a little frightening in their behaviors.

Frankenstein & Godzilla both have something in common with the global us: they have a mind, but not a heart. The brain is an amazing thing, no doubt about that. The mind can store and amass information and process it at lightning speed. It sends and receives info along these fiber optic like wires that relay sights, sounds, temperatures, pain, sensations, much like the internet. The internet has become the nervous system of the planet. How do you imagine the heart?

The heart is what guides our thinking. It allows us to feel into a situation with a deeper understanding than could ever be extracted from a string of data. The heart keeps us from going too far, it reminds us to respect and to care for each other. It reminds us, constantly, of our interdependence. When we listen to our heart life flows smoother. Where is this global heart?

It turns out that you have a piece of it, and so do I. You and I recognizing each other and bringing our pieces together will allow us to create the global heart. Imagine a global feeling sense that could perceive the broader realities of our interactions, amalgamating the feelings of those involved. I know, "feelings". Yikes. Scary stuff. It'll be okay. I'll hold your hand. :)

Our global heart's absence underlies much of the world's suffering. If we acted with an overall sense of what we were doing and the overall effect it is having, do you suppose we would act differently? Without a heart, there is no reason for Godzilla to not destroy the buildings and crush the peoples. Without a heart Godzilla is stunned and surprised to find himself under attack. Poor misunderstood Godzilla, he truly had the best of intentions. Unfortunately, no heart.

We are kind of awkward like that with our technology. A blind sort of stumbling around, stepping on toes. No doubt you have had the opportunity to meet a very smart person with no social graces. They just

didn't get around to developing that feeling sense, that heart sense which is so important to nurturing and maintaining relationships.

News Flash! The future is all about relationships. Have you noticed an increasing desire for genuine relationships. Deep relationships. We are feeling into the space between us and our explorations there will change everything. The little ripples we are making are going to become a Tsunami that will shift the way we do everything on this planet. When everything is interconnected, little shifts bring big changes. Would you like to make a little shift?

## LEARNING TO CARE

So how do we go about creating a heart? How do we develop a global feeling sense? The heart exists in the spaces between us. Which means that we absolutely have to create it together. It takes each of us recognizing each other to activate the heart in the space between us. That recognition is an act of caring.

Perhaps the biggest barrier to caring is the mistaken belief that we have to do something about it. The more I care the more I realize it is impossible for me to do anything about the things I care about, because there are just too many. At some point I realized it is enough to just care. Truly caring with unlimited compassion helps those in need tremendously.

Have you ever noticed that when things just all of a sudden resolve, as they often do when you are at your wits end and a sudden miracle occurs setting right what was impossibly wrong, you find yourself immersed in a pool of caring? When we let go of the tension and the fight we find that we were kept afloat by caring all along. What would happen if we just let go of all the fights and flooded the space with care? Does it work backwards too?

Is caring enough all by itself? When you liberate yourself from the yoke of obligation to do something you open the gateway of unlimited compassion and caring. You also now have permission to feel and to feel deeply. If feeling means you have to do something then feeling can be overwhelming. It is our feeling sense we need to nurture and it responds best to acceptance without obligation. Just let it be.

I met a very caring man who no matter what problem I threw at him, his reply boiled down to one answer: "Can you be okay with that?"

"I can't concentrate. I'm freaking out and falling apart. I feel like such an idiot."

"Can you be okay with that?"

There is some great wisdom there. Once upon a time when I was a child maybe I needed somebody to fix it for me. Maybe not. But putting the responsibility for my life square on my shoulders means that I can do something about it. Acceptance is empowering. Acceptance coupled with Caring is magic.

We need a heart. The first step in growing a heart is to learn to care.

## CARING FOR THE SPACE BETWEEN US

The space between us thrives when cared for. Responding with suddenness it springs to life the moment we focus on it.

Many people aren't aware of the spaces in between us as belonging to anyone. The spaces between us are the places we have been dumping all the things we don't want to look at. All the things that hurt us, that embarrass us, that we don't know what to do with. It has become a sort of trash dump that few care about.

Unfortunately our heart exists in the space between us. It is OUR global heart that could support us globally. If we care for and tend it, it grows and it gives us life and love and energy to meet the day with. If we bury it in hatred and abuse; if we flood it with pollution the heart withers and fades to an unfeeling, uncaring miasma of pain.

The space between us is in need of purging. Would you like to try purging the space? There is a simple, fun way to do it.

Face another and just look, just look and listen—with more than your ears. Holding hands is a nice touch. Thoughts will come up, thank them kindly for their input and return to looking and listening. You can't be like that for long without love starting to find its way to the surface. It may have to push some fear aside first. Let it go. Let love be. Just be with each other and see how it feels to see another and simply be in the presence of care and love.

Recognize the space between you as sacred. Imagine all the things you could put in that space. Are any of the things you are imagining what you have been putting there? What would you like to stop putting there? What would you like to put there? You both get to enjoy it, remember, so you are giving to yourself as well as others. If you exude care everywhere you go, you will be surrounded by care.

Did you know that when people interact with you they meet you in the space around you? If you have children, they grow up in that space. Have you ever thought of it like that before? When we aren't really aware of it we just don't see what we are putting out there. Do you see that? Does it make you want to be more aware of what you are putting out there?



## 10 DAYS FOR 10 YEARS

In the last 10 years we've put an excessive amount of hurt, hate, anger and upset into the space between us. Technology made it so easy. I've certainly dumped my share of pain there and encouraged others to do the same. We have been flowing our hurt into the well from which we all drink for so long that we are literally drowning in it. The good news is if we can get the heart pumping, it will carry all that hate away. The way we do that is by flooding the space between us with love.

For the next ten days, express your love in every way possible. For the next ten days pour it out like never before. Release torrents of appreciation, send out waves of acceptance to crash on everyone's shore, let the dams burst and carry away all the pain that is killing us. Let your love flow and set us all free. Let it flow in your own unique way, but let it flow.

It's the flow that counts. It's the flow that gets things moving. If you express your appreciation by nodding at people, find something to appreciate and nod at more people.

Don't worry if you falter. Love does what it does. Care won't be caged.

Poems, pictures, smiles, hugs, songs, laughter, heartfelt words—if we allow such to be our stock and trade for the next 10 days, what effect will that have? Show the world your heart, so we can begin to get an idea of what a heart should look like. Show us how it works as we can create one together. Please bring your piece of the puzzle, which has been perplexing us all. WE will never be complete without YOU. At the end of 10 days, tell me if you see any need to stop?

Can we take the invitations we receive every day to hate some horror and turn them into an opportunity to care? Can we offer just care as support for struggling human beings? What effect would that have?

Imagine floating in a calming sea of care rather than drowning in a violent sea of hate....

The world is the way it is because we are the way we are. The solution is in your hands and in the hands of the hands you are holding. You are holding hands with someone—besides me—right?

As we reach out to each other we begin to build the heart between us as a piece of the larger heart of the world. One heart at a time opening our selves into the space between us we build a Global EpicCenter from which epic things never before imagined are going to be possible.